



# VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156  
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org  
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## My Favourite Run!

This is a guessing game and there's a Prize\* for the first person to come up with the correct answer. It's quite easy, you just have to go through a process of elimination. Make sure you have your 2004-5 program close at hand.

Firstly, I enjoy almost every run because hey, we all just love running don't we? But this is about my **favourite** run, so here goes!

I don't much enjoy running in the heat and there's a fair chance of warmish weather from December to March, which wipes out all the summer events. Bold Park, Perry Lakes, Herdsman Lake, Lake Longler, Crawley and Kings Park are top running spots but very familiar territory. I often run in those locations during the week so nothing really special about them. Likewise McCallum and Burswood where we have quite a few runs so they're off the list.

Passing GO is not a good idea for me, I can't see any reason why I should keep running when the finishing chute is beckoning so that puts paid to any run which has laps or is a figure 8. I'm not fond of handicap runs because I have to wait around for such a long time, I lose momentum and it hardly seems worthwhile starting at all. Might as well just go and have a cup of tea.

Dead flat runs are less interesting than a bit of topography although on the other hand, really steep runs like Wireless Hill can be downright punishing (sorry Denise).

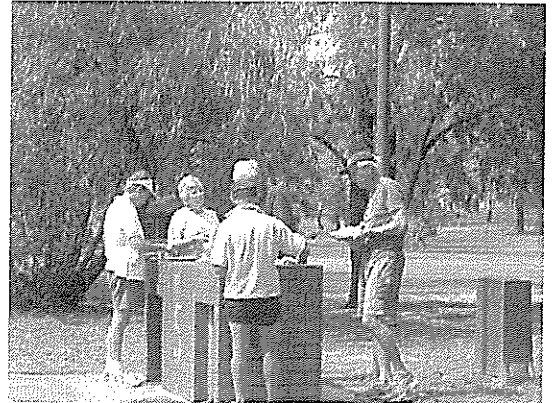
I like variety on a run - cross country courses are great and I prefer twists and turns to long straight stretches. I love running either by water or among trees but prefer to keep traffic at a distance. The occasional road crossing is okay but I don't like running along roads.

My favourite distance is between 8 and 10 kilometres. I will exclude championship events because there's an element of pressure to go just a bit faster on such runs which means I have less time to enjoy the scenery.

Now we are down to just a few. I know we need rain but preferably not at 8am on a Sunday morning! You never know in winter, it could rain so to play safe we will cross off the remaining June, July and August runs. The spring weather is lovely but hay fever time for me which means I labour away with a sneeze and a wheeze. Autumn is ideal running weather. And now it's over to you!

Margaret Langford

\* Many thanks to Margaret for contributing this very entertaining puzzle. Please mail your entry to the Editor at PO Box 197, Subiaco WA 6904. A nice bottle of Vasse Felix red will be awarded to the first correct entry opened at the MAWA committee meeting on 11 August. Ed.



After Training...at Perry Lakes



## Presentation Day Lunch

Sunday 12 September 2004

12 noon at Rosie O'Gradys,  
Northbridge. \$20 per person.

For bookings, phone:

Val Millard on 9315 1642

## You'll soon be back on track!

Peggy McIver is currently recuperating from an operation to reduce pressure in her hamstrings.

Our best wishes for a speedy recovery Peggy - we look forward to seeing you at the start of the new T & F season.

## From the Committee

\* Chest numbers have now been received from the manufacturer and Jim Barnes is distributing these at the Sunday runs. (Those members not attending Sunday runs will receive their chest number in the mail with a future issue of *Vetrun*.)

\* A new Race Director is required for the Wildflower Run (next to be held on 3 October 2004). If you feel you may be able to help, please phone Jim Barnes on 9459 2617. Prior experience not necessary - all assistance will be provided.

\* The new Track & Field season will commence on 5 October. Full details of the program of events, officials and helpers may be found on pages 9 - 11 of this issue.

\* On the social side, please note for your diaries - the Presentation Day Lunch will be held on 12 September and the Club's Dinner Dance on 20 November.

## Letters to the Editor

*From Dr John Spencer - a former member now living in Sydney:*

### Thoughts from the East:

Having passed midwinter my thoughts frequently drift to the Wildflower Run on a cool fresh Western Australian morning in Kings Park.

Whilst there are no shortages of running events in Sydney and the surrounding areas, there is nowhere that can quite match the spirit and ambience of this unique running event and we should all remember Lord Forrest who I believe was responsible for insisting that Kings Park should remain free from the encroachment of civilisation and suburbia.

There is no such haven for running within miles of Sydney, so as you enjoy the forthcoming event you may be aware of the ghost of John Spencer breathing heavily as you toil up one of those long sandy trails.

As a mark of nostalgia I now wear a WA Veterans vest as I plod around Centennial Park!

John Spencer.

Hi Jeff,

Just a personal comment re new finish set up on Sundays, which you may care to print in "Vetrun".

I have heard very favourable comments as a result of the trial of a finish shute, and chest numbers.

This was a result of a decision at the last AGM, and initiated by Jim Barnes, who organised the chest numbers, and as I understand, Kirt Johnson who made a very portable shute, which overcame any objections, we hope, of stakes cutting into reticulation. On the negative, were comments of a possible loss of the very enjoyable social aspect of our Sunday runs, due to a perceived regimentation.

My own thoughts are these:

- The speed in which competitors pass through the finish line, leaves more time for socialising, by competitors and officials;
- The club's 'habit', of encouraging a sit together in groups for morning tea, is the very soul of our existence on Sunday morning;
- Looking through the results show a large number of walkers, and in particular, new members.

The use of chest numbers will I hope enable established members to recognise and welcome more recent members, and encourage them to join in the morning tea group.

Regards,  
Barrie Thomsett

Dear Jeff

My last marathon was 17 years ago, in Japan, and it snowed!

Sunday's Marathon was a last minute decision, like Saturday morning enrollment, and I thoroughly enjoyed it. (I walked when I got tired, and still got 4½ hours)

But I had forgotten Murphy's Law of relativity: "The distance between Kilometre marks gets relatively longer once you have passed half way." The support from non running and relay members was fantastic, popping up at just the right moment to cheer one on. And as for the little squares of chocolate at the 30km mark - I can still taste them!

Regards, John Smith

(2)

## HELPERS AUG / SEPT

### 22 August. Mill Point Run.

**Milton Mavrick 9227 1559**

Barbara Blurton, Henri Cortis, Marc Evans, Leonie & Barry Jones, Keith Miller, Karen Simmons, Mireille Tewfik, Wayne Pantall.

### 5 Sept. Herdsman Lake.

**Jeff & Dorothy Whittam 9387 6438**

Andrew & Bev Cook, John Cresp, Mike Faunge, John Frost, Fenella Gill, Sheila Maslen, Ivan Pilton, Roger Walsh, Jenni Shillington.

### 12 Sept. Millers Run.

**Norm & Pat Miller 9293 3433**

Diane & Malcolm Hawley, Janis Malin, Hamish McGlashan, Denise Lancaster, Allyson & David Joseph, Pierre Viala, Chris Shenton, Graham Thornton.

### 19 Sept. Bibra Lake.

**Richard Harris 9457 6102**

Geoff Barrett, Dee Campbell, Ray Hall, John Pressley, Tanya & Paul Burke, Mitch Loly, Steve & Pam Toohey, Dennis Miller, Sara McClaren-Kennedy, Bob Sammells, Elaine & John Dance.

### 26 Sept. Cliff Bould Trophy.

**Ivan Brown 9384 8582**

Bert & Bridget Carse, Mary Heppell, Marge & Keith Forden, Phyllis Farrell, Steve Dunn, Ivan Pilton, Maggie Flanders, Sue Lake, Keith Miller.

## HOW HAVE CLUB NUMBERS BEEN ALLOCATED?

Some members have queried as to the basis on which membership numbers have been allocated. The Secretary's explanation follows:

*"To give recognition to long standing members it was decided to allocate numbers by year of joining and then by alphabetical within that year. For example financial members at 31.3.02 who had joined in the first year (1974) were given numbers as follows: 1 Cliff Bould, 2 David Carr, 3 John Gilmour, 4 Bob Hayres, 5 Colin Junner, 6 Garnet Morgan. If you joined in 1980 your number is in the 40's. For 1990 it would be in the 140's, for 2000, 280 to 300.*

*In those instances where people have rejoined the club after a period of absence, the date of joining used is the rejoining date, rather than the original date."*

Bob Schickert

# World Masters Championships

San Sebastian— Spain—August  
2005

Register now for  
Information  
including group  
airfares and  
athletes  
accommodation.  
See coupon below.

## Airfares and Accommodation

Negotiations are underway for group airfares departing from around Australia to San Sebastian. We anticipate that airfares will be priced from approximately \$2650 p/p inclusive of taxes and charges. As per past arrangements we will also be keeping in touch with championship organizers to ensure that a range of accommodation is offered to competitors.

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## World Masters Championships — San Sebastian — 2005

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..... State: ..... Post Code:.....

Telephone No— Home:..... Mobile/Business:.....

E-mail Address:.....

## World Masters Championships, San Sebastian: 23 August - 3 September 2005

San Sebastian, an elegant turn of the century seaside resort only 16 km from the French border, has interesting old quarters, a vibrant atmosphere and is the home to some of Spain's finest Basque cuisine restaurants. For those of you who are considering making the trip, the following background information has been provided by Stan Perkins, the WMA Oceania Delegate, who has recently visited San Sebastian.

### Airfares and Accommodation.

Negotiations are underway for group airfares departing from around Australia to San Sebastian. Jalpak, the AMA preferred Travel Agent, anticipates that airfares will be priced from approximately \$2,650 per person inclusive of taxes and charges. Jalpak will be keeping in touch with the Championship organizers to ensure that a range of accommodation is offered to competitors.

### Getting to San Sebastian

Bilbao is the nearest Airport to San Sebastian but some 110 km distant. The airport is modern and very easy to navigate. Whilst there has been no finalization by the organisers as to whether transport will be provided to meet arriving athletes, the options that exist are:

1. Take a taxi to San Sebastian (expensive - at least 110 euros or as much as \$200 Australian)
2. Take a taxi to Bilbao bus station (about 14 euros) then bus to San Sebastian (7.5 euros) then in San Sebastian either walk, bus or taxi to your accommodation.
3. Take a bus to Bilbao bus station (about 4 euros) then repeat the above. The bus service is regular and appears to be about hourly.

The journey from Bilbao to San Sebastian winds through mountains and is very pretty. My journey took about one and a quarter hours but the driver was conservative, that was from the airport. The taxi, bus, taxi route takes between 2 and 3 hours.

*Summary: Not a difficult process but tiring after travelling 30 hours. We have requested the organisers to provide a transport service and they are looking at how they can achieve this. Buses are privately owned and that is creating a few problems.*

### San Sebastian - The City

My first impressions were that the city is clean, well laid out and very pretty. Some people liken it to Paris in respect of the layout of the streets and the architecture. The amount of construction surprised me with cranes everywhere - mainly constructing new housing complexes. Nothing changed my opinion during the days I was there. It is a very safe city and at no time was there anything to even arouse any concerns. The people are friendly but it should be noted that the languages are Spanish and Basque - many people do not speak English, so I recommend a course in basic Spanish and an English-Spanish dictionary. However if you are adventurous it is an enjoyable exercise in negotiating an outcome with pointing, head shaking and si-siing. It is to be remembered that this City has a population of only 180,000 people so everything is close by. However be warned this will be the high season and there will many visitors in the City at the time of Championships.

### Siesta

This is Spain so everyday they take siesta: generally shops are open 10.00am to 1.00pm then 4.00pm to 9.00pm. There are some variations but many restaurants for example open at 1.00pm for lunch and then 7.30pm or 8.00pm for dinner. Friday is the day many of the shops close and the locals come out to walk and talk together. I don't know if that is normal or not but I was surprised as there was no warning of this in the guides.

### Food

This City prides itself upon the quality of its food, and I agree. There are all cost options available and we found that there were numerous eateries and most hotels have food selections placed on the bar for your choosing. The food is fresh, very reasonably priced and yummy. The restaurants all seem to have a bar and drinks are very reasonable. However if you order a glass of wine do not expect to get the portion that you would in Australia. An inch or so in the bottom of the glass is sometimes served so be aware and simply enjoy - it is usually light in flavour and quite good. You can order food in portions from the bar or sit at a table and have a choice of set menu (we saw prices ranging from 10 to 18 euros for 3 courses) to order from the menu. Some menus are in standard Spanish and Basque only, whilst others are in English. The supermarkets feature a good range of products and the food is cheap, eg: a bottle of wine for less than \$2-00 (reasonable quality). Beer was less than 40 cents a can, juice 20 cents per tetra pack, yogurt 30 cents - in fact most items were cheaper than you would pay in Australia.

### One thing to note

You need to take your own carry bag as none are supplied. There is a range of shopping options and the prices were good. Shops are spread throughout the City area where the majority of the accommodation is located, eg a pair of hand made leather shoes were 36 euros (on special, normal price 130 euros). Specials seem to be common in shops. I found a business card in a Tourist office for a Laundromat that is run by an Aussie. Open to 10pm at night. This could be a handy contact.

### Transport within the City of San Sebastian

The fact that the competition stadiums are located within the City certainly makes it easier to move around and cheaper. I took a bus from downtown to the stadium and the cost was less than 1 euro (95 cents). The journey took about 10 minutes at the most and I got off the bus within 150 metres of the stadium. The City is located within a compact area so even taxi costs should be reasonable.

### Competition Venues:

The main stadium will be a good competition arena with excellent mondo surface and facilities. 38,000 seats should handle the spectator requirements. Adjoining (literally - 50 metres away) is the second track. It has a unique warm-up track around the outside of the running track. This has a small grandstand and should also prove very suitable. Adjoining (50 metres away) is the international indoor stadium that is steeped in history and has been the venue for many world records (details and dates displayed on the entry wall - well worth the read) This will be the primary warm up venue and will not be used for competition. However, I guess anyone wanting to know what it is like to burn around a raised corner in the indoors environment will have a quick sprint just for the fun of it. Beware because the track is steeper than it looks!

The area between the tracks will be used for check in and many of the other administration things that athletes have to do. All in all a very impressive set up that I believe most athletes will really enjoy. The entry book will be very informative and this should be out in about a month. Once again Colin Browne will be the contact for entries.

I hope this information helps a little and gives you some additional incentive to consider traveling to this part of the World.



Another group photo from the National T & F Championships at Easter



Good luck to John Bell's son Robin, who will represent Australia in the Canoeing C1 Slalom event in Athens.

### 1904 - 2004:

On the eve of the Athens Olympics it may be of interest to review the times, heights and distances achieved by the Gold Medallists of the 1904 St Louis Olympic Games:

60m - 7.0secs	100m - 11.0 secs	200m - 21.6 secs
400m - 49.2 secs	800m - 1m 56.0secs	1500m - 4m 05.4secs
110m H - 16.0secs	200m H - 24.6secs	Marathon (40k) - 3h 28m 53
400m H - 53.0secs	2590m Stp. - 7m 39.6	Pole Vault - 3.50m
High Jump - 1.80m	Long Jump - 7.34m	Triple Jump - 14.35
Standing HJ - 1.60m	Standing LJ - 3.47m	Standing TJ - 10.54m
Shot Put - 14.81m	Discus - 39.28m	Hammer - 51.23m
56lb Weight - 10.46m		

- You can see that the first seven MAWA competitors in the recent Perth Marathon beat the 1904 winning time (which was for 40 kilometres). However it must be explained that in 1904 the race was run over a very hilly course, in 32°C heat!
- Women were not admitted to Olympic T & F until 1928.

### Results in this Issue:

- Burswood 25km
- Bardon Bash
- Perth Marathon
- Sharks Run

### Winter Throws Trials

(90am at Perry Lakes)

#### 7 August:

Discus, Javelin, Hammer

#### 11 September:

Shot, Discus, Height

#### 9 October:

Weight Pentathlon

The Throws training group meets every other Saturday at Perry Lakes between 90 & 1.30am.

### Some Useful Websites:

[www.world-masters-athletics.org](http://www.world-masters-athletics.org)  
World Masters Athletics

[www.iaaf.org](http://www.iaaf.org)  
The IAAF

[www.athletics.org.au](http://www.athletics.org.au)  
Athletics Australia

[www.waathletics.org.au](http://www.waathletics.org.au)  
AthleticA

[www.mastersgames.com.au](http://www.mastersgames.com.au)  
Pan Pacific Masters Games  
Gold Coast November 2004

[www.2005worldmasters.com](http://www.2005worldmasters.com)  
World Masters Games  
Edmonton Canada July 2005

[www.wma-2005.com](http://www.wma-2005.com)  
World Masters Championships  
San Sebastian Spain August 2005

[www.athens2004.com](http://www.athens2004.com)  
Athens Olympic Games

## The Gift of an Injury

(An article by Dave Spence - forwarded by John Bell)

In this article I want to discuss the idea that an injury, if it is treated and acted on in the right way, can actually be a gift to runners. Some of you may wonder how one can possibly see an injury as a gift, when being injured can be the most annoying, and sometimes depressing, part of an athlete's life, so let me explain. I would never wish an injury on any athlete, especially not what I call a 'serious accident' injury such as a bone fracture or ligament rupture. Yet injuries are a reality for most athletes and so it is wise to learn to look at them in a positive way and see them as an opportunity to learn about your body.

How on earth can we look at injuries positively?

All injuries have causes, but these causes can be many and various: they could be related to the training programme, the athlete's technique, the athlete's level of conditioning, the equipment used or the conditions. By identifying the specific causes, you can make an objective assessment of what you need to do to ensure the injury does not recur. Then, by working on your weaknesses and making any changes to training or equipment once the injury has healed, you will be a stronger, better prepared athlete who has less chance of getting injured again.

This is how injury can be a gift, because it offers an opportunity to discover what you need to work on and a chance to become more aware of your body.

Psychologically it is very important to always look for the positives, even in such stressful times as during an injury. Often young athletes will lose motivation or drop out of a sport when they suffer their first injury; however, the best athletes never allow injuries to get them down. In his biography, Sebastian Coe refers to the stress fracture he suffered at 17 as a blessing in disguise. He claims he benefited from allowing his body to rest and develop naturally and says that it forced him and his father to focus on high-quality training rather than high mileage. These two things, he believed, helped him achieve Olympic gold later in his career.

A sport psychologist, who helps elite athletes through times of injury and illness, recommends making positive action plans to help yourself stay motivated and focused during injury. The plans should include activities to maintain fitness and workouts to develop other fitness areas that do not stress the injury.

For example, an athlete with a knee injury could maintain fitness with water running and spend 60 minutes per day working on stretching, dynamic flexibility and core stability. In this way, the athlete can use the time spent out of competition to develop other areas of his conditioning, which will help his performance and prevent future injuries.

A major part of success in sport is learning about your body, how it responds to training and what it needs to develop further. Sometimes being injured gives an athlete an ideal opportunity to reflect on these things and, by absorbing the knowledge of his physiotherapist; he can raise his level of understanding.

Positive injury guidelines: I personally believe that injury can be a gift, but it is up to you yourself to see it that way. If you follow these guidelines, you will always be able to learn something positive from injury.

1. Choose a health practitioner who can find the causes of your injury and analyse your strength and flexibility as well as simply diagnosing and treating the symptoms;
2. Always follow an active rehab programme to strengthen weak muscles, improve stability skills, work on your posture and stretch tight muscles;
3. Make a plan to maintain fitness and work on aspects of training that don't stress the injury;
4. Examine your training programme and plan how to improve it in order to increase the specificity and reduce injury risks;
5. Remain positive and see yourself as a more complete, better-conditioned athlete post-injury.

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## Happy Birthday to our August Members!

Brian Bennett	57	still M55	Maggie Flanders	68	still W65	Michele Mison	57	still W55
Richard Boyd	48	still M45	Jim Halliday	61	still M60	Simon Mort	48	still M45
John Carrington	70	→ M70	Damien Hanson	51	still M50	Martina Murphy	42	still W40
Bert Carse	63	still M60	Ralph Henderson	56	still M55	Fred Napier	79	still M75
Rob Colton	41	still M40	Bill Hughes	77	still M75	Bob Neville	71	still M70
Brian Danby	56	still M55	Stan Jones	79	still M75	Norm Richards	67	still M65
John Dance	55	→ M55	Brendan Kennedy	36	still M35	Susan Sanders	51	still W50
Debbie Dance	36	still W35	Jim Langford	60	→ M60	John Sutton	69	still M65
John Doust	47	still M45	Glenda Lawrence	48	still W45	Shorty Turner	69	still M65
Stephen Dunn	38	still M35	Veronica Maguire	42	still W40	Pierre Viala	57	still M55
Bjorn Dybdahl	51	still M50	Keith Martin	61	still M60	John West	55	→ M55
			Gordon Medcalf	75	→ M75	Jeff Whittam	70	→ M70
			Jill Midolo	57	still W55	Julie Wood	56	still W55

**25km RRC & RWC  
Burswood Park 27.6.04  
Wayne Pantall**

**25km**

Stephen Dunn	M35	1:40:12
Bjorn Dybdahl	M50	1:41:49
Ross Parker	M55	1:44:29
Lachlan Marr	M40	1:45:46
Bruce Haustead	M40	1:46:52
Gary McLean	M40	1:50:20
Trevor Robertson	M50	1:51:40
David Baird	M60	1:52:40
John Allen	M45	1:54:50
Neil McRae	M50	1:54:53
John Doust	M55	1:55:17
Ivan Brown	M55	1:56:02
Mike Hale	M55	1:58:23
Robin King	W45	1:58:47
Duncan McAuley	M50	2:00:10
Brian Bennett	M55	2:01:08
Milton Mavrick	M50	2:01:44
Frank Gardiner	M50	2:08:38
John Bell	M55	2:10:30
Irwin Barrett-Lennard	M75	2:10:35
Jane Thomson	W45	2:11:22
Nick Milelic	M50	2:12:23
Frank Barrett-Lennard	M50	2:13:02
Norm Thornton	M60	2:13:22
Don Pattinson	M50	2:15:17
Gillian Lees	W40	2:15:38
Mike Khan	M55	2:15:34
Geoff Barrett	M40	2:16:59
Gillian Young	W55	2:17:59
Mark Sivyer	M55	2:18:00
Bob Schickert	M60	2:19:10
Maree Creighton	W50	2:20:33
Jim Barnes	M60	2:20:35
Robert Sheehy	M55	2:23:29
John Dance	M50	2:23:59
Graeme Neill	M40	2:24:06
Wayne Taylor	M45	2:26:05
Marg Forden	W60	2:26:37
John Pellier	M60	2:28:28
Terry Manford	M65	2:30:38
Cecil Walkley	M75	2:33:34
Ray Hall	M70	2:33:35
John Smith	M65	2:34:26
Ann Turner	W65	2:36:06
John Brambley	M60	2:37:00
Fenella Toohey	W55	2:38:17
Irene Ferris	W50	2:42:48
Jo Richardson	W50	2:55:44
Mary Young	W50	2:55:45
Tanya Burke	W30	2:55:46
Shorty Turner	M65	2:58:37
Joan Pellier	W60	3:00:40
Margaret Bennett	W60	3:05:34
Vic Beaumont	M70	3:06:02
Steve Toohey	M50	3:09:11
Elaine Dance	W50	3:12:50
Merv Moyle	M75	3:40:52

**10km**

Ian Davies	M55	38:40
Jim Klinge	M55	40:46
Dave Roberts	M60	42:40
Frank Smith	M60	42:50
Doug Ashfield	M45	43:16
David Scott	M55	44:10
Gareth Brunt	M50	45:02
Simon Mort	M45	47:36
Fenella Gill	W40	47:50
Maria Hart	W50	48:21

Keith Atkinson	M45	50:18
Paul Martin	M60	51:24
Richard Danks	M60	51:56
Christine Engels	W45	52:23
Roger Walsh	M60	52:33
Bob Sammells	M65	53:46
Peter Airey	M65	54:14
Kevin Pane	M45	54:42
Michael Faunge	M65	55:29
Arnold Jenkins	M60	59:30
Merv Jones	M60	61:40
Keith Patterson	M50	63:11
Sue Bullen	W40	63:26
Robyn Leighton	W45	63:33
Rhod Wright	M50	63:48
Jim Riddell	M65	63:52
Jenni Shillington	W45	64:52
Kirt Johnson	M75	64:53
Ray Lawrence	M75	66:40
Julie Wood	W55	70:36
Dalton Moffett	M70	70:53
Janis Malin	W55	75:05

**10km Walk**

Dick Blom	M70	66:55
Val Millard	W55	67:57
Lorraine Lopes	W60	68:12
Stan Jones	M75	69:42
John Carrington	M65	69:42
Lynne Schickert	W60	73:59
Chris Pattinson	W45	74:27
Stan Delanfrafft	M75	74:37
Lorna Lauchlan	W70	75:45
Beryle Doust	W55	77:04
Jennie Smith	W50	79:29
Dorothy Whittam	W65	79:52
Rex Bruce	M60	82:28
Jeff Whittam	M65	82:48
Veronica Maguire	W40	83:09
Alan Pomery	M70	86:58
Norm Miller	M70	1:36:03
Pat Miller	W65	1:41:18

The Burswood twenty five kay run, was won this year by Stephen Dunn, Followed by Bjorn and Ross. As for the rest - who gives a toss? Except for Robin (King of women), Jane two Jills; (the rest were swimmin').

In the ten kilometre race, Ian Davies clearly set the pace, From Jim and Dave, Frank Smith, then Doug, (And Dalton Moffett deserves a plug). Fenella, Maria, and Christine, Eclipsed the girls; (it was obscene).

The walkers' ten saw Dashing Dick, And Vivacious Val do the trick. Lorraine and Stan, from John and Lynne, Then led the struggling walkers in. (The biggest winner on the day, Was Telstra One-Oh-One, I'd say.)

To helpers who returned the call. We'd like to thank you one and all. To those replacing those not there. You're special folk; we know you care. \*(Twas Shorty Turner, made it rain. "Don't ever do that dance again!")

*Helpers:*  
Berwine Barrett-Lennard, Jim Barnes, Richard Harris, Margaret and Morris Warren, Barrie Thomsett, Joe Stickle, Julie and Jason Keeley, Arthur Leggett, Jacqui and Vic Beaumont, Debbie Dance, Whatsisname with the bike, Sam and Steve (Burswood). (Sorry If I've Missed You.) Congratulations and thanks to all. Wayne Pantall.

**Bardon Bash 4.7.04  
Brian & Margaret Bennett**

**13km**

Chris Frampton	M35	50:56
Darryl White	M45	51:26
Bruce Haustead	M40	52:24
Gary McLean	M40	52:41
John Allen	M45	53:23
Neil McRae	M50	53:45
David Baird	M60	54:40
John Bell	M55	54:55
Dave Roberts	M60	55:00
Duncan McAuley	M50	55:27
Mike Hale	M55	55:56
Dirk Klicker	M30	57:54
Mal Vernon	M45	58:16
Wayne Taylor	M45	60:26
Martin Walkins	M55	60:38
John Russell	M70	60:55
John Doust	M55	61:06
Craig McGowan	M35	61:15
Sandra McKinnon	W45	61:15
Simon Mort	M45	62:18
Irwin Barrett-Lennard	M75	63:10
Don Pattinson	M50	63:53
David Muir	M55	64:44
Keith Atkinson	M45	65:24
Vic Waters	M60	65:41
Paul Martin	M60	65:42
Jim Halliday	M60	65:46
Helen Lysaght	W50	65:54
Gillian Lees	W40	65:59
Jim Barnes	M60	66:32
Maree Creighton	W50	66:36
Richard Danks	M60	66:54
John Dance	M50	67:45
Roger Walsh	M60	67:46
Christine Engels	W45	67:50
Terry Manford	M65	68:00
Fraser Deanus	M60	68:57
Graham Thornton	M60	69:01
Marg Forden	W60	69:09
Gillian Young	W55	70:30
John Smith	M65	70:35
John Pellier	M60	71:12
Ray Hall	M70	71:13
Rhod Wright	M50	72:06
Pamela Toohey	W55	73:15
Robyn Leighton	W45	78:04
Mary Young	W50	78:05
Tanya Burke	W30	78:20
Wendy Duncan	W50	78:41
Fiona McAuley	W50	80:00
Jenni Shillington	W45	83:08
Jo Richardson	W50	84:17
Jenny Owen	W50	86:41
Elaine Dance	W50	88:08
Debbie Dance	W35	88:25

**8.7km**

Ralph Henderson	M55	34:40
Jim Klinge	M55	34:50
Margaret Langford	W55	39:15
Sean Keane	M40	40:55
Frank Gardiner	M50	41:55
Robert Sheehy	M55	42:46
Bob Sammells	M65	46:55
Michael Faunge	M65	47:28
Stan Lockwood	M70	47:37
Arnold Jenkins	M60	49:58
Margaret Warren	W65	50:22
Sheila Maslen	W65	64:24

**5km**

Ian Davies	M55	18:21
Ivan Brown	M55	20:29
Tessa Brockwell	W45	20:56
Barbara Blurton	W50	21:28
Johan Hagedoorn	M60	22:27
Robert Antonioli	M50	23:04
Henri Coris	M55	23:49
John Brambley	M60	24:29
John Dennehy	M40	25:01
Steve Barrie	M65	25:31
Peter Airey	M65	26:04
Damien Hanson	M50	26:23
Delia Baldock	W40	27:51
Richard Harris	M65	28:08
Julie Keeley	W35	28:29
Joan Pellier	W60	29:42
Joe Stickle	M65	32:06
Kirt Johnson	M75	32:06
Steve Toohey	M50	32:25
Elaine Ellard	W60	32:32
Ray Lawrence	M75	32:45
Mary Heppell	W65	33:52

**13km Walk**

Lorraine Lopes	W60	87:03
Val Millard	W55	89:44
Lynne Schickert	W60	95:34
Jim Shaw	M55	114:18

**8.7km Walk**  
Lorna Lauchlan W70 65:38  
Dorothy Whittam W65 67:22  
Jennie Smith W50 69:40  
Jeff Whittam M65 70:11

As expected we had a few showers of rain, which did not deter the many runners/walkers who said that they thoroughly enjoyed the course.

Thanks again to Kirt for erecting the shelter for my recorders, Pat Ainsworth and Telsie Hatwell.

Also thanks to Rex Bruce for stepping in when some of the helpers were otherwise engaged, thank you to Pat & Norman Miller, Denise Lancaster, Dalton Moffat, Chris Maher, Brian & Pam Smith, Trevor Robertson and Shirley Bell and partner.

It is great to have so many willing hands to help on the day.  
**Margaret & Brian Bennett**

## Perth Marathon 11.7.04

*It was good to see so many members entering their first marathon, we could not have asked for better weather.*

*Out before 5am was Ivan Brown, dropping off all the tables and drink station equipment essential for the run. Many thanks Ivan, you put in a lot of hours by the time you picked the gear up and returned to Burswood.*

*The Club should be delighted this year with so many age group winners and a State M75 record to Cecil Walkley. Gillian Young and Ray Hall, age group winners at their first attempt at the event, must be feeling good about themselves after great efforts. Not to be forgotten are Pam Toohey and Mark Sivyver who completed their first marathons in fine style.*

*Gary Carlton and Don Pattinson recovered well in less than 3 weeks after the Comrades 89km to put in very respectable times. One of the Club's most improved runners, John Doust, ran a PB and was age group winner.*

*Many thanks to: Jackie Halberg for all the hard work with the relay over the years; Bob, Lynne and Val at the relay station; Keith Atkinson with the half-way time; Applecross drink station would not be the same without Marge and Morris Warren and their team (many who jumped in at the last minute to save me!); finally the two Vics and the last moment saviours at Coode St.*

*It was all much appreciated.  
Jim Barnes*

### Results: (MAWA members only)

Chris Maher (1st M50)	2.47.53
Peter Bauchop	2.56.00
Bjorn Dybdahl	2.58.59
John Doust (1st M55)	3.17.55
John Bell	3.24.49
Wayne Taylor	3.25.12
Gary Carlton	3.25.27
Frank Gardiner	3.30.44
Rob Catrall	3.38.08
Anna Brindal	3.58.58
Jim Barnes	4.01.12
Graham Thornton	4.01.51
Marg Forden (1st W60)	4.03.32
Mark Sivyver	4.04.13
Nick Miletic	4.04.58

Keith Miller	4.10.02
Don Pattinson	4.15.56
Gillian Young (1st W55)	4.17.29
Silvio Wirth	4.26.00
John Smith	4.26.04
John Dance	4.34.40
John Pellier	4.37.17
Jeanette Tiverios	4.40.49
Pam Toohey	4.40.51
Ray Hall (1st M70)	4.41.53
Jill Bower (1st W65)	4.59.44
Cecil Walkley (1st M75)	5.00.47
Tanya Burke	5.25.00

## Sharks Run 18.7.04 Paul Martin

10km		
Jim Langford	M55	38:23
Ross Parker	M55	38:36
Lachlan Marr	M40	38:54
Gary McLean	M40	39:54
Ralph Henderson	M55	39:57
John Allen	M45	40:44
Neil McRae	M50	41:10
David Baird	M60	42:05
Frank Smith	M60	42:37
Brian Bennett	M55	42:40
Bob Schickert	M60	44:48
Keith Miller	M55	44:48
Margaret Langford	W55	44:59
Gareth Brunt	M50	45:21
Mark Sivyver	M55	45:24
David Muir	M55	45:27
Milton Mavrick	M50	45:31
John Mack	M60	45:50
Martin Watkins	M55	46:35
Graham Thornton	M60	47:00
Graeme Neill	M40	47:00
Ed Barrett-Lennard	M50	47:45
John Pressley	M55	48:05
Irwin Barrett-Lennard	M75	48:09
Gillian Lees	W40	50:14
Gillian Young	W55	50:19
Nick Miletic	M50	50:20
Helen Lysaght	W50	50:39
Christine Engels	W45	51:18
John Byrne	M55	51:22
Roger Walsh	M60	51:25
Richard Danks	M60	51:38
Fraser Deanus	M60	51:51
Karen March	W40	52:44
Peter Owen	M50	52:54
Neil Van Graan	M50	53:00
John Dance	M50	53:10
Marg Forden	W60	53:17
John Ellard	M60	53:22
Terry Manford	M65	53:27
Sean Keane	M40	53:48
Bob Sammells	M65	53:51
Jim Riddell	M65	53:57
Joan Osborne	W55	54:10
Ray Hall	M70	54:20
Stan Lockwood	M70	54:21
Cecil Walkley	M75	54:59
Ann Turner	W65	55:09
Arnold Jenkins	M60	57:24

Rhod Wright	M50	57:43
Mike Hale	M55	57:48
Denise Lancaster	W50	58:16
Merv Jones	M60	60:16
Robyn Leighton	W45	60:44
Mary Young	W50	60:45
Jo Richardson	W50	64:21
Jenny Owen	W50	64:39
Shorty Turner	M65	67:13
Debbie Dance	W35	67:36
June Lewis	W55	68:50
Elaine Ellard	W60	70:17

### 5km

Bjorn Dybdahl	M50	18:09
Ian Davies	M55	18:10
Henri Cortis	M55	19:57
Colin Smith	M40	21:43
Barbara Blurton	W50	21:51
Robert Antonioli	M50	21:53
Johan Hagedoorn	M60	22:18
Peter Hill	M55	23:19
John Dennehy	M40	23:37
Brian Foley	M60	24:32
Damien Hanson	M50	24:54
Peter Airey	M65	24:58
Leonie Jones	W40	24:59
Barry Jones	M45	25:00
Sue Bullen	W40	26:56
Vic Beaumont	M70	27:13
Jeff Spencer	M60	27:14
Margaret Warren	W65	28:52
Bob Fergie	M65	28:57
Julie Wood	W55	29:40
Jackie Halberg	W55	30:09
Dalton Moffett	M70	30:58
Ray Lawrence	M75	32:07
Jan Jarvis	W55	32:07
Sheila Maslen	W65	35:27
Allen Tyson	M75	45:59

### 10km Walk

Val Millard	W55	66:59
Lorraine Lopes	W60	67:13
Mary Heppell	W65	70:35
Lynne Schickert	W60	72:33
Stan Delandgraft	M75	73:33
Dorothy Whittam	W65	73:58

### 5km Walk

John Carrington	M65	33:59
Lorna Lauchlan	W70	39:19
Jeff Whittam	M65	39:25
Rosa Wallis	W60	39:26
Jennie Smith	W50	40:43
Patricia Hopkins	W60	42:10
Pam Van Graan	W50	43:53
Maggie Flanders	W65	43:56
Marg Taylor	W50	46:54
Mike Taylor	M45	46:55
Rex Bruce	M60	47:25
Leo Hassam	M70	47:25
Tanya Burke	W30	51:21
Ernie Moyle	M75	53:26
Glenice Shanahan	W80	59:55
Norm Miller	M70	64:21

## Third Time Lucky !?

Somehow the Editor keeps getting wrong the M55 results from the NZ WMA Non-Stadia Championships! Here we go again!

(Placing - Name - Time)

### 10km Road Run (M55)

10	David Scott	38.41
12	John Doust	40:32
13	Brian Bennett	40:45

### Teams

3	Doust, Scott, (Solomon).	114.59
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### Half Marathon (M55)

7	David Scott	85:15
9	Brian Bennett	90:05
12	John Doust	97:16

### Teams

2	Scott, Doust, Bennett.	4.32.36
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## For Your Diary - an Advance Notice!

### MAWA Dinner Dance:

*Saturday 20 November at the Metro Inn.*

*Cost \$50 per person - full details in the September Vetrin.*

## \*\*\* A Big Welcome to our New Members!

648	Peter Owen	M54
649	Jenny Owen	W50
650	Karen March	W43
651	Bill Jones	M56
652	Reece Waldock R	M51

(R = rejoined)

### To contact the Editor:

jeffbowen@westnet.com.au  
or  
Tel: 9382 2628  
or  
POBox 197, Subiaco 6904



## MAWA 2004 / 2005 TRACK AND FIELD OFFICIALS

ROLE	COKER	UWA SPORTS
VENUE MANAGER	Tom Lenane	Henri Cortis
ASSISTANT	Colin Smith	Bob Schickert
STARTERS	Colin Smith, Brian Foley	David Carr, Ian Sanders
TIMEKEEPER/RECORDERS	Jackie Halberg, Toni Phillips	Gill Edmunds, Val Millard
THROWS EQUIPMENT	Geoffrey Gee, Damien Hanson	Geoffrey Gee, Damien Hanson
RESULTS PUBLICATION	Barbara Blurton	Ian Sanders
HORIZONTAL JUMPS	Les Beckham	Les Beckham
ENTRY FEE COLLECTION	Gillian Young	Doug Ashfield
CLOTHING	Leonie Jones	Lynne Schickert

### MANAGER / ASSISTANT DUTIES

Make out entry forms and results forms. Set times for events in program order. Put on boards for competitors to enter. Bring non-throws equipment. At 5.50pm call for officials and competitors for first event. Arrange for other track events to start as scheduled.

### TIMEKEEPER/RECORDER

Arrange recording of finishers. Allocate people for printer watch / stop watches / finish order / big clock / finish numbers.

### RESULTS PUBLICATION

Take results and entry sheets at end of competition, prepare for Vetrun and email to Jeff Bowen at [jeffbowen@westnet.com.au](mailto:jeffbowen@westnet.com.au)  
Patron's Trophy, age graded performance to be calculated and included in results, email Patron's Trophy event results to Barbara Blurton at [vetrunners@optusnet.com.au](mailto:vetrunners@optusnet.com.au)

### HELPERS: COKER

2004	2005	
7 Oct	6 Jan	Delia Baldock, John Dennehy, Jim Riddell
14 Oct	13 Jan	Pat Carr, Bert Carse, Brian Hewitt, Karen March 13/1
21 Oct	20 Jan	Ian Davies, John Ellard, Blakeney Tindall
28 Oct	27 Jan	Elaine Ellard, Derry Foley, Gareth Brunt
4 Nov	3 Feb	Gerard Kennedy, Keith Martin, Michael Miller
11 Nov	10 Feb	Anthea Cheney, Bev Sheard, Roger Schmidlin
18 Nov	17 Feb	Bjorn Dybdahl, Leonie Jones 18/11, Lynne Choate 17/2, Hannah Travaglini 17/2
25 Nov	24 Feb	Mike O'Reilly, Barry Jones, Frank Gardiner
2 Dec	3 Mar	Allen Tyson, Greg V D Sanden, Ray Hall, Karen March 3/3
9 Dec	10 Mar	David Clive, Jim Turnbull, Hannah Travaglini 10/3
16 Dec	23 Dec	Margaret Robinson, Michael Watson, Roger Whalan

### HELPERS: UWA SPORTS "McGILLIVRAY"

2004	2005	
5 Oct	4 Jan	Ivan Brown, Andrew Brooker, John Carrington
12 Oct	11 Jan	Paul Burke, Keith Edmonds, Nick Boccardo
19 Oct	18 Jan	Ross Calnan, Milton Mavrick, Ian Lyon
26 Oct	25 Jan	Thea Bailey, Janet Walter, Alan Gower
2 Nov	1 Feb	Rob Greenhalgh, Lorna Lauchlan, Rob Cattrall
9 Nov	8 Feb	Barry Kernaghan, Bruce Wilson, Darryl White
16 Nov	15 Feb	Peggy Macliver, Jacqui Sanders, Karyn Gower
23 Nov	22 Feb	Bernard Mangan, Peter Gare, Guito Dumolard
30 Nov	1 Mar	Nick Bailey, Val Prescott, Duncan McAuley
7 Dec	8 Mar	Nathalie Bond, Ann Heitman, Fiona McAuley
14 Dec	15 Mar	Denise McMorro, Graeme Neill, Mike Walter
21 Dec		Norm Richards, Jon Schultz

**FIELD EVENTS:** Competitors who are mainly throwers have been omitted from the Helpers Lists but it is expected that they will help with the throws events.

BOB SCHICKERT, Secretary, MAWA

Issued August 2004

**MAWA TRACK AND FIELD PROGRAM 2004 / 2005**  
**TUESDAY EVENINGS – UWA SPORTS OVAL**  
**THURSDAY EVENINGS – COKER PARK**

The Patrons Trophy commences on 21 October 2004. Those events marked \* are points scoring events. Athletes compete in a maximum of sixteen events at each venue and points from their best ten are added to achieve a total score. No event can count twice – eg. if you compete in the 100m for points at both venues only your best points score for 100m counts. The contest is age graded and favours athletes who go in everything.

Meetings commence at 6 pm. Events will be in order as shown below in two sections, track / jumps and separately throws. There is a fee payable for each night. Fee \$2 club members \$3 visitors. r/w = run or walk

**THURSDAY EVENINGS AT:**

ERN CLARK ATHLETIC CENTRE (COKER PARK), CANNINGTON (synthetic)

NB Due to the relaying of the track at the beginning of the season, the location of Thursday night competition during that period is yet to be finalised. Watch out for news in the *Vetrun*.

**October 2004**

07	100m	1000m r/w	L/J	200m	2000m r/w	Discus	Shot
14	200m	2000m r/w	T/J	400m	1500m r/w	H/Weight	Javelin
21	300m	L/J	1500m w	100m	3000m*	Shot	Discus
28	2000m r/w	400m*	T/J	100m	1500m r/w	Hammer	Javelin*

**November**

04	60m	5000m*	L/J	2000m w	200m	Javelin	Discus*
11	100m*	800m	T/J	3000m w*	3000m	Shot	H/Weight
18	200m	1000m w	10,000m*	L/J		Javelin	Hammer
25	T/J*	200m	2000m r/w	1500m*	600m	Discus	Shot

**December**

02	400m	T/J	800m*	100m	5000m r/w	Hammer	Shot*
09	100yds	1 mile	L/J	400m	3 miles	Javelin	Discus
16	200m*	800m	1500m w*	T/J	3000m r/w	Discus	Shot
23	100m	2000m r/w	L/J*	200m	800m	Hammer*	Javelin

**January 2005**

06	200m	1500m r/w	60m	T/J	5000m r/w	Shot	H/Weight
13	Pentathlon + 100m, 400m, 800m and 3000m r/w. Throwers can go in any pentathlon event.						
20	60m	1500m r/w	L/J	300m	3000m r/w	Discus	Shot
27	100m	T/J	800m	60m	3000m r/w	Javelin	Hammer

**February**

03	200m	1500m r/w	L/J	400m	5000m r/w	Shot	H/Weight
10	400m	3000m r/w	T/J	100m	800m	Hammer	Javelin
17	100m	800m	L/J	200m	5000m r/w	Discus	Shot
24	60m	1500m r/w	T/J	600m	200m	Javelin	Hammer

**March**

03	400m	L/J	1500m r/w	100m	3000m r/w	Shot	Discus
11	800m	100m	2000m r/w	T/J	200m	H/Weight	Javelin
17	200m	1500m r/w	400m	L/J	3000m r/w	Javelin	Shot

**TUESDAY EVENINGS AT:  
UWA SPORTS OVAL (MCGILLIVRAY), MT CLAREMONT (grass)**

**October 2004**

05	200m	1500m r/w	400m	T/J	3000m r/w	Javelin	Shot
12	100m	1000m r/w	L/J	200m	2000m r/w	Discus	Shot
19	200m	2000m r/w	T/J	400m	1500m r/w	H/Weight	Javelin
26	300m	L/J	1500m w	100m	3000m *	Shot	Discus

**November**

02	2000m r/w	400m*	T/J	100m	1500m r/w	Hammer	Javelin*
09	60m	5000m*	L/J	2000m w	200m	Javelin	Discus*
16	100m*	800m	T/J	3000m w*	3000m	Shot	H/Weight
23	200m	1000m w	10,000m*	L/J		Javelin	Hammer
30	T/J*	200m	2000m r/w	1500m*	600m	Discus	Shot

**December**

07	400m	L/J	800m*	100m	5000m r/w	Hammer	Shot*
14	200m*	800m	1500m w*	T/J	3000m r/w	Discus	Shot
21	100m	2000m r/w	L/J*	200m	800m	Hammer*	Javelin

**January 2005**

04	100yds	1 mile	L/J	400m	3 miles	Javelin	Discus
11	200m	1500m r/w	60m	T/J	5000m r/w	Shot	H/Weight
18	Pentathlon + 100m, 400m, 800m and 3000m r/w. Throwers can go in any pentathlon event.						
25	60m	1500m r/w	L/J	300m	3000m r/w	Discus	Shot

**February**

01	100m	T/J	800m	60m	3000m r/w	Javelin	Hammer
08	200m	1500m r/w	L/J	400m	5000m r/w	Shot	H/Weight
15	400m	3000m r/w	T/J	100m	800m	Hammer	Javelin
22	100m	800m	L/J	200m	5000m r/w	Discus	Shot

**March**

01	60m	1500m r/w	T/J	600m	200m	Javelin	Hammer
08	400m	L/J	1500m r/w	100m	3000m r/w	Shot	Discus
15	800m	100m	2000m r/w	T/J	200m	H/Weight	Javelin

**February 25** State T/F Championship 10k and 5k walk at Coker Park from 6pm  
**February 27** State T/F Championship Pentathlon at Coker Park from 8am  
**March 12** State T/F Championship Weight Pentathlon at Coker Park from 8am  
**March 12 / 13** State T/F Championship at Coker Park

Please make this payment of \$..... for  Membership  Club Social Function  
 Clothing  Club Weekend Away  Championship Entry

by VISA  MASTERCARD  BANKCARD

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Expiry date:     Cardholder's name.....Signature.....



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**PURPOSE:**

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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## **Running Gear**

Contact Maggie Flanders: 9339 2728

**Club Clothing in the new Masters livery:**

- |                          |         |
|--------------------------|---------|
| ▶ WINDCHEATERS           | \$25.00 |
| ▶ COMPETITION SINGLETS   | \$25.00 |
| ▶ LONG SLEEVED T-SHIRTS  | \$20.00 |
| ▶ SHORT SLEEVED T-SHIRTS | \$18.00 |

